

Counseling 53: College and Life Management

Course Syllabus

Reedley College –Fall 2015

INSTRUCTOR: Yuliana Martinez, MSW

SCHEDULE NO: 58001

MAILBOX: 559-638-0337

DAY/TIME: MWF 3:00-3:50 PM

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COURSE TERM: 08/17-12/18

AVAILABILITY: By appointment

ROOM: Social Science, Room 30

COURSE DESCRIPTION: This course is designed for the first- year college students. It will prepare students for college life and academic success. Topics will include: personal and academic goal development, campus resources, student success strategies, diversity and cultural awareness, and maintaining a healthy lifestyle.

Basic Skills Advisories: Eligibility for English 125, 126, and Mathematics 201. (A, CSU)

COURSE OUTCOMES:

Upon completion of this course, students will be able to:

1. Articulate own personal values.
2. Reflect on cultural diversity and personal educational goals.
3. Identify their own learning style.
4. Apply college policies and procedures to educational goal to increase chances for success in college.
5. Identify values and skills to help determine major and career pathway.
6. Apply strategies to a healthy lifestyle.

COURSE OBJECTIVES:

In the process of completing this course, students will:

1. Identify personal values in relation to family, culture, education and community.
2. Examine diversity and inter-cultural barriers.
3. Identify personal learning style and practice college success strategies.
4. Learn college terms, definitions and student responsibilities.
5. Be introduced to campus and online resources.
6. Review certificate, degree and transfer requirements to develop a student education plan (SEP).
7. Complete an educational inventory to identify strengths and skills.
8. Learn the elements and application of a healthy lifestyle.

Note: Late work will not be accepted! Homework is due at the beginning of each class, no exceptions. If you must miss class, you must email the assignment(s) due that day **before** the beginning of the given class period. It is student's responsibility to check Blackboard for any new assignments that may be handed out during a missed class period and get any missed announcements from instructor or other students. Make up quizzes and/ or exams will **not** be permitted. Talking during quizzes and/ or exams is strictly prohibited; any student whom violates this rule will have earned a zero for the corresponding quiz/exam. If you do not understand something, ask me **before** the due date.

Note: Cellular Phone/ Electronic Device responsibility Any disruption by a student using an electronic device during class time will be asked to leave class for that day. Electronic devices may be used for class purposes at the discretion of the instructor.

REQUIRED TEXT: On Course, By Skip Downing, 2nd edition

SUPPLIES: (2) 882-E Scantron

ATTENDANCE: **Class attendance is vital to a student's success in the course.** Students are expected to attend all class meetings. Excessive absences, **3 or more**, may result in the student being **dropped** from this class. Ultimately, it is the student's responsibility to officially drop a class in which he/she no longer wishes to be enrolled. Three tardies to class may be counted as an absence.

CHEATING & PLAGIARISM: "...cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college; each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences" (Reedley College Catalog, 2015-2016).

ACCOMMODATIONS: Reedley College is committed to providing reasonable accommodations to students with disabilities. Disabled Student Programs & Services (**DSP&S**) provides the campus with academic support services and specialized assistance to students with disabilities. Individuals with physical, perceptual, or learning disabilities as addressed by the Americans with Disabilities Act should contact DSP&S for information regarding accommodations. Please notify the instructor so that reasonable efforts can be made.

COMMUNICATION: Students will have access to the course on the first day of the semester. Log on to **Blackboard** with the **seven digit student ID** for both the username and password. Students may also direct any questions/requests via their student email account. Directions for activating the "free" student email will be noted on the entry page for this course on Blackboard. Computers are available in the **Computer Lab** located in the Library.

GRADING: Student success in this course will depend on the interest, willingness and enthusiasm that students bring to class. Students are expected to be active participants in group activities and class discussions. Students will be expected to briefly present assignments to the class to earn full credit. Grades will be based on completion of the following:

Final Exam	60 pts.	A=90-100%	300-270 pts.
Quizzes	60 pts.	B=80-89%	269-240 pts.
Journals	45 pts.	C=70-79%	239-210 pts.
SEP	15 pts.	D=60-69%	209-180 pts.
Mid Term	60pts.	F=59-0%	179 & below
Campus Resources	15pts.		
Written Assignment	15pts.		
<u>Group Project</u>	<u>30pts.</u>		
Total:	300 Pts.		

QUIZZES: There will be a quiz on campus policies and services (worth 10pts). In addition, upon the **conclusion of each chapter**, students will take a quiz consisting of five questions; one chapter will consist of two quizzes. There will be a total of ten chapter quizzes worth five points each.

JOURNALS: Students will complete a **typed** journal entry for each chapter. Students must thoroughly complete each journal by responding to the question in full paragraph form with original complete sentences. Further instructions will be discussed in class. Students will be expected to participate in in-class discussions of journal entries. Journal entries will be collected every **Monday**. *Journal entries are worth up to 5pts each.*

SEP: Student Educational Plan prepared by a campus counselor which serves as a guide for a student to assist him/her in keeping them on track to accomplish their educational goal. Students must schedule an appointment with an academic counselor using eSARS on RC home page to create an SEP if they don't already have one. A recent SEP copy (from Spring 2015 and on) will be accepted unless students changed their major.

MIDTERM: Students will take a midterm exam of 60 questions worth (1 point each). The midterm exam will consist of textbook chapters 1-4 as well as Campus Policies & Services, Schedule of Classes & Catalog. An **882E scantron** is required.

CAMPUS RESOURCES: Students will need to be able to identify campus resources and complete an activity sheet by attending various offices on campus. More details will be provided in class.

WRITTEN ASSIGNMENT: Students will complete a two to three page typed paper. Further details/instructions will be provided in class. The page margins shall be kept to 1 inch and shall follow MLA formatting regulations. Required font: Times New Roman and required font size: 12 point. The paper should be free of errors and plagiarism; please visit the Writing Center or Tutorial Center for further assistance.

GROUP PROJECT: Groups will be formed in class. Each group is responsible for covering an assigned topic from the textbook. Groups will be responsible for providing a class presentation that covers materials, ideas, and important information from the given topic. Further instructions will be given in class.

FINAL: The final will be 100 % comprehensive. There will be a total of *60 questions- each worth 1 point each*. An **882E scantron** is required.

COURSE OUTLINE**Week 1****8/17 - 8/21**

Review Syllabus and course overview
 In Class Activity (Ice Breakers)
 eSARS; Student Email; Blackboard; Webadvisor
 My classes this semester are the following: (weekly calendar)
 Academic Calendar SC p.3 – identify the following important dates: drop, refund & exam dates

Week 2**8/24-8/26**

Campus Policies & Services, Schedule of Classes & Catalog

8/28/2015

Campus Resources (Scavenger Hunt Activity)

QUIZ 1 On Campus Policies & Services, Schedule of Classes & Catalog

Homework: Read Chapter 1; do Journal #1 (Journal Entry 1-pg.12)

**Schedule an appointment with a counselor using eSARS on RC Homepage to complete a Student Education Plan (SEP) if you don't have one.

Week 3**8/31/2015**

Chapter 1:*Getting On Course to Your Success*; **Journal #1 Due**

9/02/2015

Chapter 1 Continued

9/04/2015

Journal Group Discussion

Quiz 2 On Chapter 1

Homework: Read Chapter 2; do Journal #2 (Journal Entry 5-pg.46)

Week 4**9/7/2015**

Labor Day Holiday (No class held, campus closed)

9/09/2015

Chapter 2:*Accepting Personal Responsibility*; **Journal #2 Due**

9/11/2015

Chapter 2 Continued; Journal Group Discussion

Quiz 3 On Chapter 2

Homework: Read Chapter 3; do Journal #3 (Journal Entry 10-pg.105)

Week 5**9/14/2015**

Chapter 3: *Discovering Self-Motivation*; **Journal #3 Due**

9/16/2015

Chapter 3 Continued

9/18/2015

Journal Group Discussion

Quiz 4 On Chapter 3

Homework: Read Chapter 4; do Journal # 4 (Journal Entry 16 pg.167)

Week 6

- 9/21/2015 **Chapter 4: *Mastering Self-Management*; Journal # 4 Due**
- 9/23/2015 Chapter 4 Continued
- 9/25/2015 Journal Group Discussion
- Quiz 5** On Chapter 4

Week 7

- 9/28/2015 Review for Mid-Term Exam
- 9/30/2015 Review for Mid-Term Exam Continued
- Understanding Educational Planning: major & GE requirements
- 10/2/2015 Understanding Educational Planning: major & GE requirements Continued
- Homework:** Study for Midterm (Midterm Exam date is 10/09/2015)

Week 8

- 10/05/2015 Understanding Educational Planning: major & GE requirements Continued
- 10/07/2015 **SEP DUE**
- Discuss chosen majors with classmates
- 10/09/2015 **Mid-Term Exam (In Class)**
- Homework:** Read Chapter 5; do Journal # 5 (Journal Entry 17 Pg.200)

Week 9

- 10/12/2015 **Chapter 5: *Employing Interdependence*; Journal # 5 Due**
- 10/14/2015 Chapter 5 Continued
- 10/16/2015 Journal Group Discussion
- Quiz 6** On Chapter 5
- Homework:** Read Chapter 6; do Journal # 6 (Journal Entry 24 Pg. 257)

Week 10

- 10/19/2015 **Chapter 6: *Gaining Self-Awareness*; Journal # 6 Due**
- 10/21/2015 Chapter 6 Continued
- 10/23/2015 Journal Group Discussion
- Quiz 7** On Chapter 6
- Homework:** Read Chapter 7; do Journal # 7 (Journal Entry 26 Pg. 296)

Week 11

- 10/26/2015** **Chapter 7: Adopting Lifelong Learning; Journal # 7 Due**
10/28/2015 Chapter 7 Continued
10/30/2015 Journal Group Discussion
Quiz 8 On Chapter 7
Homework: Read Chapter 8; do Journal # 8(Journal Entry 29 Pg.336)

Week 12

- 11/02/2015** **Chapter 8: Developing Emotional Intelligence ; Journal # 8 Due**
11/04/2015 Chapter 8 Continued
11/06/2015 Journal Group Discussion
Quiz 9 On Chapter 8
Homework: Read Chapter 9; do Journal # 9 (Journal Entry 33-pg.375)

Week 13

- 11/09/2015** **Chapter 9: Staying On Course to Your Success; Journal # 9 Due**
11/11/2015 **Veterans Day (No Class Held, Campus Open)**
11/13/2015 Chapter 9 Continued
Journal Group Discussion
Quiz 10 On Chapter 9 (Self-Assessment)
Go Over Written Assignment (Due: 11-25-15)

Week 14

- 11/16/2015** Assign Groups for Group Project ; In Class Time for Group Project
11/18/2015 In Class Time for Group Project
11/20/2015 In Class Time for Group Project

Week 15

- 11/23/2015** **In Class Group Presentations**
11/25/2015 **In Class Group Presentations**
Written Assignment Due
11/27/2015 **Thanksgiving Holiday (No Class Held; Campus closed)**

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Week 16

11/30/2015 **In Class-Group Presentations**

12/02/2015 **In Class Group Presentations**

12/04/2015 **In Class Group Presentations**

**Go over Grades (If time allows)

Week 17

12/07-12/11 Review for Final Exam

Week 18

12/14/2015 **(Monday) Final Exam 3-4:50pm**

